Soft Mead

Anon

- 1 quart water, preferably spring water
- 1 cup honey
- 1 sliced lemon
- 1/2 tsp. nutmeg

Boil together all ingredients in a non-metallic pot. While boiling, scrape off the rising "scum" with a wooden spoon. When no more rises add the following:

- pinch salt
- juice of 1/2 lemon

Strain and cool. Drink in place of alcoholic mead or wine during the Simple Feast.

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